

Coventry Senior Center Program Highlights ~ July 2016 ~

Senior Center Hours

Monday - Friday, 9 a.m. - 4 p.m.
860-742-3525

Senior Center Coordinator: Carrie A. Concatelli, MSW

Email Carrie: cconcatelli@coventryct.org

Senior Transportation Coordinator: Leigh H. Wajda

Email Leigh: lwajda@coventryct.org

There is no membership at the Coventry Senior Center!

We welcome you to come see what we have to offer!

Holiday Closure: We are closed Monday, July 4 for Independence Day.

Summer Parking

Free summer parking passes for seniors are available at the Front Desk. The passes allow access to **both Patriots Park and Lisicke Beach for weekdays only**. Seasonal and daily passes are available through the Recreation Department.

Upcoming Events

Trolley Museum Trip: Join us **Wednesday, July 20** for a trip to the Connecticut Trolley Museum and Cracker Barrel Restaurant in East Windsor, CT. The museum admission price is **\$9 paid in advance**. Sign up at the front desk by **Friday, July 15**.

Fun with Food

Out to Lunch Bunch: Join us on **Wednesday, July 6 at 11:30 a.m.** to go to Outback Steakhouse in Manchester. Sign up at the front desk by Wednesday, June 29.

Bistro Lunch: The meal on **Wednesday, July 13 at 12 p.m.** for a chili cheese dog, baked beans, and a fudge brownie. **The meal is \$5 and must be ordered by Friday, July 1** in the Senior Center office. No late meal requests will be accepted.

Bistro Lunch: Join us on **Wednesday, July 27 at 12 p.m.** for BBQ chicken, macaroni and cheese and apple crisp. **The meal is \$7 and must be ordered by Monday, July 18** in the Senior Center office. No late meal requests will be accepted.

Groups

Writing for Fun: Come on **Monday, July 11 from 1:30 p.m. to 2:30 p.m.** for short writing exercises. All experience levels welcome. No sign up necessary.

Let's Get Moving

Group Exercise Class: Join certified instructor Mary Hurley for a low-impact class **every Tuesday and Thursday from 9:30 a.m. to 10:30 a.m.** The class focuses on stretching, light resistance and improving balance. Weights and exercise bands are provided. **Each class is \$3** or purchase a pre-paid card redeemable for any 10 classes for \$30. Join anytime!

Fitness Center: The Fitness Center is open during all Senior Center hours. Enjoy the equipment in a private room overlooking the lake! Completion of a Fitness Center Packet and an Equipment Orientation Session is mandatory.

Health and Wellness

Massage or Reflexology: Deb Turner, L.M.T. from Harmony Massage provides 25 minute table massages for all over relaxation or reflexology sessions to treat tired and sore feet. Massage or reflexology is \$15. Deb will be here **Tuesday, July 12 and Thursday, July 28**; see the front desk to schedule an appointment.

Haircuts: Michelle DeLuco of Kennedy & Co. Salon & Spa provides spray bottle haircuts or clipper cuts for \$15. Michelle will be here **Tuesday, July 12 and Monday, August 8**; see the front desk to schedule an appointment.

Nail Clipping: Hope Mayhew of Hope & Wellness Salon provides nail clipping (manicure or pedicure) for \$15. Hope will be here **Monday, August 8**; see the front desk to schedule an appointment.

Wellness Nurse: A nurse from Visiting Nurse & Health Services (VNHSC) will be here **Thursday, July 28 from 12:30 p.m. to 2 p.m.** Have your blood pressure and blood sugar taken; no appointment is necessary.

Podiatrist: Dr. Morgan provides podiatry (foot care) services by appointment only. His next visit is **Thursday, July 7**; see the front desk to schedule an appointment.

Cards and Crafts

Billiards: We are always looking for more pool players! Come play **Fridays at 9:30 a.m.** All levels welcome.

Cribbage: Join in **every Monday at 9:30 a.m.**

Bingo: Games **every Tuesday from 1 p.m. to 4 p.m.** Bring your quarters to play; all money given out as prizes!

Setback and Kaluki: Every **Thursday and Friday at 1 p.m.**

Duplicate Bridge: The next game is **Friday, July 1 at 12:30 p.m.**

Quilting: Create beautiful quilts **every Friday, 9:30 a.m. to 11:30 a.m.**

Mahjong: Do you play mahjong? A beautiful set was recently donated to the Center. We would love to start a group. Let us know at the front desk and we will pick a time!

Coloring: A new trend in relaxation! We have coloring pages available in the Lounge.

Books and Puzzles: We receive many generous donations of books and puzzles and our shelves are overflowing! We encourage you to curl up with a book or magazine in the comfort of our Lounge or join the community puzzle! Need an activity for after hours? You are welcome to borrow books or puzzles for in-home use.

Wii Tournament: Do you want to join a Wii tournament with our neighboring Senior Centers? Sign up at the front desk!

Veteran and Military Services

Veteran's Advocate: The Veteran's Advocate is available by appointment.

Packing for the Troops: Create care packages on **Thursday, June 16 at 9 a.m.** for local members of the armed services who are currently overseas.

Senior Center Services

CHOICES: We offer free unbiased guidance about health insurance and other benefit programs so that you can make an informed choice about your healthcare options. We have two certified CHOICES counselors: Carrie Concatelli and volunteer Penny Whitaker. Both are available by appointment; see the front desk.

Elderly Services: Carrie Concatelli is an elderly services social worker and is available to answer questions or for referral to community resources. For in-depth assistance, please request an appointment.

The TWIN Program (Trust When In Need): We have noticed some wonderful partnerships forming between seniors and want to help build more! We are hoping to find you a TWIN, who is someone you can Trust When In Need. What does a TWIN do? Some of the tasks could be friendly phone calls, safety checks, social visits (in home, out to lunch, shopping, outings, etc.) It is a mutually beneficial relationship, whether you are living alone and want more socialization or if you are already very active and want to keep busy! Applications are available at the front desk. Join this program any time!

Volunteer Opportunities

Join Our Team: Our office is bustling and we struggle to accommodate all of the needs of our growing Center. We strive to give the best in customer service, whether by welcoming you to our Center on the phone or in person, or by getting you where you need to go. We would love more volunteer receptionists for the front desk and more van or private car drivers. See the Senior Center Office for information.

Community Happenings

Food Bank: Coventry Human Services operates a food bank at Patriots Park Community Center (120 Lake Street) **Tuesdays 8:30 a.m. to 10:30 a.m. and Thursdays 12 p.m. to 1:30 p.m.** by appointment only. Call 860-742-5324.

Foodshare: Mobile Foodshare comes to First Congregational Church (1171 Main Street) on **Wednesday July 13 and July 27 from 10 a.m. to 10:30 a.m.**

Summer Concert Series: The United Bank Foundation's Sunset Sounds concerts are held on four Thursdays at Patriot's Park from **6:30 p.m. to 8:30 p.m.**, with a rain date of the following Tuesday. **July 14:** Shaded Soul (R&B, Motown, Soul, Pop), **July 21:** Fiddlers, RJ & the Lugnauts (originals), **July 28:** Simply Swing (big band and swing) and **August 4:** Coyote River Band (traditional and modern country and pop/rock). Bring a blanket or lawn chair to enjoy the music.

Communications

Find out More: Did you know our newsletter is available many ways? You can hear about us by mail, by email and by e-blast through the coventryct.org website. Or you can pick up a newsletter at the Senior Center. You can also hear about up-to-date information on the Coventry Senior Center Facebook page. Please let us know if you would like to be added to our mailing list! We appreciate your help to keep our mailing list up-to-date!

NEW! Check out the brand new 06238 Calendar on the town website! Find it by clicking on "Come Visit." This calendar features events from many groups all over town!

COVENTRY RIDES HANDICAPPED ACCESSIBLE SENIOR VAN PROGRAM

Trips for medical appointments and personal errands can be scheduled for Monday, Tuesday and Thursday mornings. Please call Senior Center **by noon, two business days before your trip**, so that we can map out our routes. Last minute requests cannot be accommodated. Please call the Coventry Senior Center at 742-3525 for more information and for reservations.

Dial-A-Ride Transportation. Regular Dial-A-Ride service to Coventry is provided to the Windham, Mansfield, and Willimantic areas. (860-456-1462)

Requests for Extended Dial-A-Ride hours (before 10:00 and after 2:00) are funded under the DOT Transportation Grant. Please call WRTD for more information.

Coventry's Senior Van Program is funded in part by grants from the Department of Transportation and the Town of Coventry. All schedules are subject to change.